

CLAIMS

1. A heat-generating body, comprising a heat-generating portion formed by sealing a heat-generating composition causing an exothermic reaction in the presence of air in an air-permeable container in desired form such as bag form or sheet form and a adhesive portion formed by comprising, as a main component, a water-containing hydrophilic gel agent obtained from a hydrophilic polymeric thickening agent, being characterized in that a difference between critical moisture values of the heat-generating portion and the adhesive portion is allowed to be 5% or less.

2. The heat-generating body as set forth in Claim 1, being characterized in that an organic filling agent is added in the water-containing hydrophilic gel agent in the adhesive portion.

3. The heat-generating body as set forth in Claim 1, being characterized in that the adhesive portion is laminated on the heat-generating portion and the resultant laminate is contained in an air-tight container bag.

4. The heat-generating body as set forth in Claim

2, being characterized in that the adhesive portion is laminated on the heat-generating portion and the resultant laminate is contained in an air-tight container bag.

5. The heat-generating body as set forth in any one of Claims 1 to 4, being characterized in that the heat-generating body is a heat-generating body for being attached to skin.